

## Salad

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# Carrot Cucumber Salad

Dash Magazine - May 2012

**1 seedless cucumber, sliced**  
**3 carrots, sliced**  
**1/2 red onion, sliced**  
**1/2 cup cilantro, chopped**  
**1 teaspoon lime zest, grated**  
**1 tablespoon canned chipotles in adobo, minced**  
**1 teaspoon adobo sauce**  
**1/2 teaspoon salt**

In a bowl, mix together the cucumber, carrots, onion, cilantro, lime zest, chipotles, adobo sauce and salt.

Let stand for 5 minutes.

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Per Serving (excluding unknown items): 203 Calories; 4g Fat (15.5% calories from fat); 7g Protein; 38g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1236mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 5 1/2 Vegetable; 0 Fruit; 1/2 Fat.